

Trauma-Informed Parenting Workshop Series

FREE

Tuesdays, April 5 - May 31, 2016

10am -12pm

This 9 week workshop series will help parents and caregivers understand the effects of trauma on children, and learn how to help children recover to grow up and be healthy, happy and strong.

Topics

- ♦ The impact of trauma on the brain and behavior
- ♦ Understanding and responding to difficult behaviors
- ♦ Creating meaningful connections
- ♦ Creating safe and supportive environments
- ♦ Effective communication for emotional regulation
- ♦ Coping with stress and problem solving
- ♦ Building resiliency & protective factors

Audience

Parents and caretakers caring for children who have experienced trauma, grief or loss, or become involved with child welfare.
Free and open to the public.

2016 Class Information

Tuesdays, 4/5/16 — 5/31/16, 10am—12pm
Norfolk Human Services @ 741 Monticello Ave

Registration

To register, please contact Pam Wong @ 664-7705 or by email
pamela.wong@norfolk.gov

*Curriculum provided by the National Child Traumatic Stress Network
Caring for Children Who Have Experienced Trauma, 2010*